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A comparative study of anxiety among boxer and wrestler during pre-competition period

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Abstract

The study was designed to investigate the anxiety level among boxer and wrestler during pre-competition period. For this study 100 male athlete were selected randomly from Jalandhar based Coaching centers. There are range from 18 to 24 Years. Sports Competition Anxiety Test (SCAT) (Martens *et al.* 1990) was used to measure the anxiety level for the analysis of data SPSS version 16 was used. The results are found there was a significance difference among Boxer and Wrestler. The mean score of anxiety level Boxer and Wrestler samples was found 59.21 and 64.75 respectively. The calculated t value was -1.424. Since $p < .90$ is more than our chosen significance level $\alpha = 0.05$, we can't reject the null hypothesis and conclude that the mean anxiety for Boxer and Wrestler is significantly different.

Keywords: Anxiety, boxer, wrestler, SCAT test

Introduction

Anxiety is a natural emotion characterized by alertness, vegetative autonomous and behavioral responses, accompanied by subjective sensations, all important for surviving. In the long term, an over exposition to adverse stimuli may lead to a depression co morbid to anxiety. Usually, human beings facing a stressor develop a cognitive or perceptual evaluation comparing previous experiences to solve the threat through an action. Consequently, to natural anxiety, a state of heightened attention occurs preparing the body to fight or run away from the perceived threat. This fight-or-flight anxiety response follows an inverted U-shape curve; there is an optimum quantity of anxiety that produces the best response to success. A high level of anxiety interferes with concentration and memory, which are critical for academic success. Without any anxiety, however, people would lack the motivation to study for exams, write papers, or do daily homework, among others. In addition, deficits in familiar relationships and social isolation alter physical and mental health in young students, which reduce their capacities at school. Adolescence is characterized by significant physiological, anatomical and psychological changes in boys and girls, who become vulnerable to psychiatric disorders. Disorders such as anxiety and depression affect scholar performance and students might not be appropriately attended. In this chapter we describe anxiety and depression focused on adolescents and reviewed approaches to the study of anxiety and depression symptoms related with the academic performance in adolescents and young guys. The research literature was based on Pub Med and Google Advanced Scholar databases. Results from available published studies in academic journals are reviewed to discuss the importance to detect information about anxiety, depression, academic performance and further considerations. Anxiety is distinguished from fear, which is an appropriate cognitive and emotional response to a perceived threat. Anxiety is related to the specific behaviors of fight-or-flight responses, defensive behavior or escape. It occurs in situations only perceived as uncontrollable or unavoidable, but not realistically so. David Barlow defines anxiety as "a future-oriented mood state in which one is not ready or prepared to attempt to cope with upcoming negative events and that it is a distinction between future and present dangers which divides anxiety and fear.

Statement of the problem

A comparative study of anxiety among boxer and wrestler during pre-competition period.

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Objective of the study

To find out the significant difference of anxiety among Boxer and Wrestler

Hypothesis

There will be significant difference among Boxer and Wrestler.

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Definition of the important terms

Comparative: Systematic observation among things about their similarities or dissimilarities.

Anxiety: It is kind of worry feeling or a mental pressure that is concern with some outcomes.

Pre-competition period: Occurring before or in anticipation of a competition

Selection of subjects

The present study will be conducted on eighty (100) Players. Boxer (50), and (50) Wrestler Sample will be selected from Jalandhar based different coaching center.

Sampling area

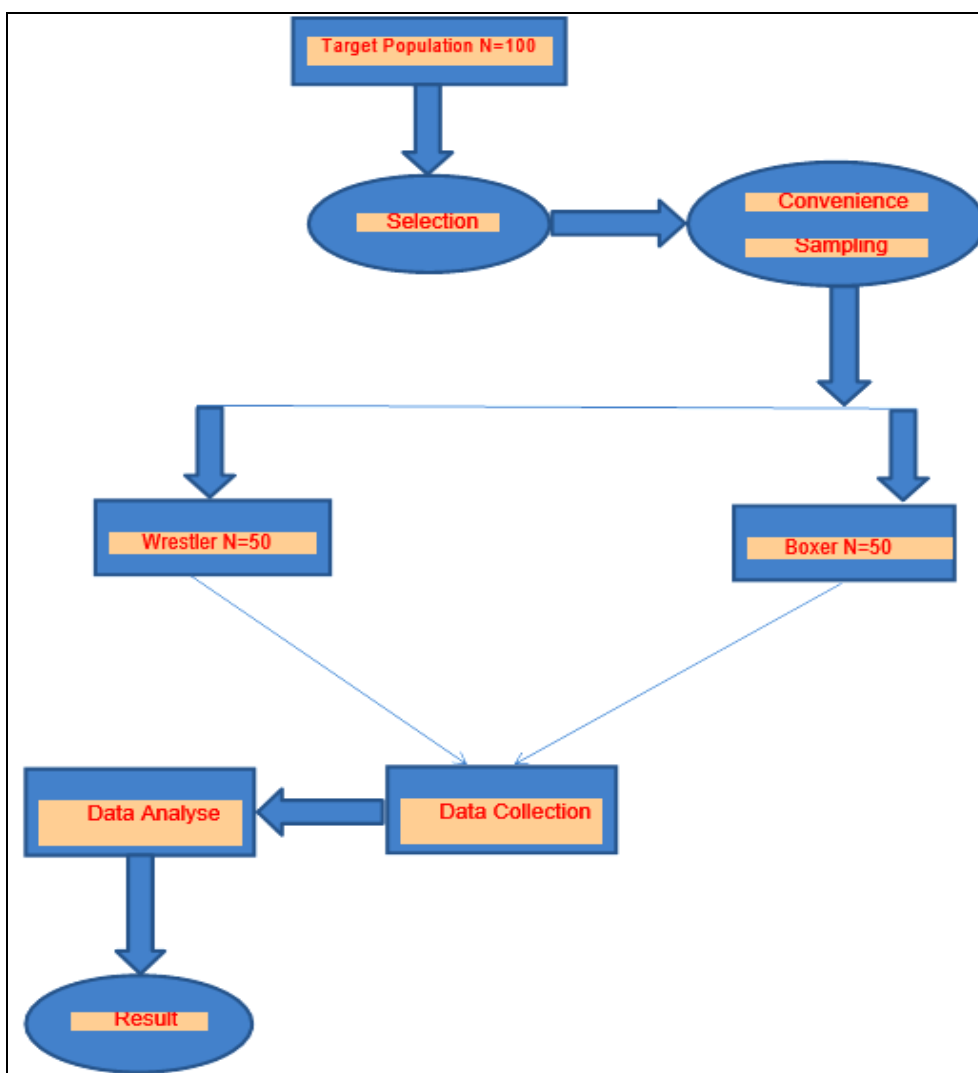
The Eighty samples were taken from four Jalandhar based different coaching centers

Sampling technique

The sample will be selected Jalandhar (Punjab) based different coaching centers. The investigator convenience sampling method uses for select the samples.

Variable	Questionnaire
Competition Anxiety	Sports Competition Anxiety Test (SCAT) (Martens <i>et al.</i> 1990)

Design of study



Scoring

The SCAT contains 15 test items things, 10 of which measure effects related with Anxiety; with five others test score not count to control the respondent biasness. The scores for the 10 test item will count to provide the score. A score of under 17 shows a low anxiety, 17 to 24 a normal anxiety, and in excess of 24 is high level of anxiety.

Statistical procedure

To find out significance difference among Boxer and Wrestler. Further test at universal value of 0.05 level.

Statistical technique

For the analysis of data SPSS version 16 was used. The independent t-test was applied for the comparison of two

independent groups. To find out the relationship between two groups.

Results, discussion and interpretation

Data once collected should be analyzed with the help of statistical technique which yield certain results. This process leads researcher to draw a rational conclusion on the researcher problem. Therefore, the attempt has been made in the present chapter to deal with the results and their corresponding interpretation in accordance to the hypotheses. Tabulated data is analyzed through statistical techniques to yield certain results. The depiction of results and their interpretations is considered to be the most important part of research work as it verifies the hypotheses and eventually leads to final conclusion of study. The data, as such has no meaning unless analyzed and interpreted by some dependable techniques. Analysis of data means studying the tabulated material in order to determine inherent fact or meanings. It involves in breaking up of the complex factor into simpler parts and putting them in new arrangements for purpose of interpretation. The whole scheme of research methodology revolves around the analytical interpretation of the reality of the methodology approach to deal with the situation is meaningless, unless it moves in the path of allotment of mathematical digits for the purpose of analysis and interpretation. The data was studied from as many angles as possible as to explore the new facts, and finding where analysis requires an alert, flexible and open mind. Analysis is of bare necessity for the purpose of thinking in terms of significant tables that the data permits, to examine carefully the statement of the problem and earlier analysis and

to study the original records of the data, to get away from the data by making various statistical techniques. So, the inherent problem for, statistical calculation is necessary for interpretation purpose which facilitates the stream of analysis of collected raw data and to formulate them in orderly manner and to put them in such a way that on the bases of analysis of data, it reflects a vast areas of knowledge. The aim of present study is to explore orientation towards Physical Education and Sports of Government and Private sector relation to their Educational Attitude. Data were collected according to method and procedures mentioned in previous chapter. After collecting data from 80 Government and Private school student, it was analyzed statistically to interpret and draw the conclusions keeping in mind the objectives and hypothesis of the study.

Results pertaining to anxiety level of boxer and Athlete

Hypothesis: There will be significant difference of anxiety among boxer and wrestler.

Table 4.1: Showing mean score of anxiety level of Boxer and wrestler

Players	N	Mean	S.D	P-value
Boxer	50	59.21	16.79	
Wrestler	50	64.75	17.44	0.04

Table 4.1 reveals that the mean score of anxiety level of Boxer and Wrestler was found 59.21 and 64.75 respectively. Since the Significance value is 0.05 and the score is not more than significant value so there is significant difference among Boxer and Wrestler.

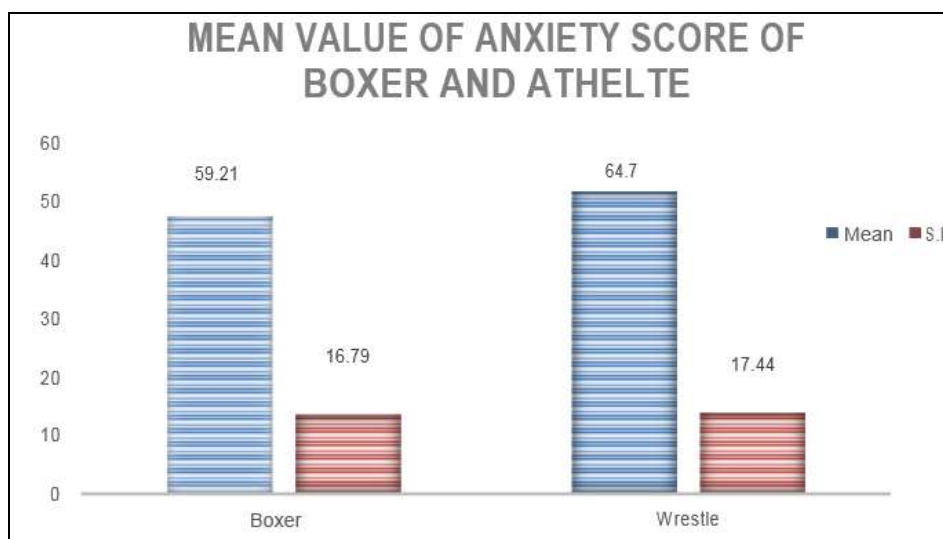


Fig 4.1: Graphical Representation of mean difference of Anxiety among Boxer and Wrestler

Level of significance

The level of significance was fixed at 0.05 level.

Conclusion, recommendation and suggestion

Summary

This study was conducting on Comparison of anxiety level among Boxer and Athlete under the age group of 18-24 from Jalandhar. Total 100 (50 Boxer and 50 Wrestler) subject was the part of the study. After collected of the data were analyzing on SPSS. All the hypothesis was accepted in this study. The first objective of the study was to find out the significant difference of anxiety among Boxer and Wrestler. Result was showing that there is a significance difference of

anxiety among Boxer and Athlete.

Conclusion

Considering the limitations and results of this study the following conclusions are:

Hypothesis will be accepted when analyzed the anxiety score among Boxer and Wrestler under age group 18-24 of 80 male subjects. So, the results are found there was a significance difference among Boxer and Wrestler. The mean score of anxiety level Boxer and Wrestler samples was found 59.21 and 64.75 respectively. The calculated t value was -1.424. Since $p < .90$ is more than our chosen significance level $\alpha = 0.05$, we can't reject the null hypothesis and conclude that the

mean anxiety for Boxer and Wrestler is significantly different

Recommendation

- Similar study can be conducted for State level.
- Similar study can be conducted for Rural and Urban Schools.
- Adding more variable can further extend the scope of the study.

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